

Parallel Time Standards for Swimmers With A Disability - ZONE																	
Para 1	Girls									Boys							
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	10 & U P1		11-12 P1		13-14 P1		15 & O P1		P1	10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	1:37.89	1:37.89	1:29.39	1:29.39	1:22.89	1:22.89	1:21.59	1:21.59	50 FR	1:33.29	1:33.29	1:24.29	1:24.29	1:18.29	1:18.29	1:15.29	1:15.29
	3:25.49	3:25.49	3:07.69	3:07.69	2:53.99	2:53.99	2:51.19	2:51.19	100 FR	3:30.59	3:30.59	3:10.29	3:10.29	2:56.69	2:56.69	2:49.89	2:49.89
	8:12.49	8:12.49	7:29.39	7:49.39	6:56.59	6:56.59	6:50.09	6:50.09	200 FR	5:46.79	5:46.79	5:13.19	5:13.19	4:50.89	4:50.89	4:39.69	4:39.69
	1:55.89	1:55.89	1:45.79	1:45.79	1:38.09	1:38.09	1:36.59	1:36.59	50 BK	1:17.89	1:17.89	1:10.39	1:10.39	1:05.39	1:05.39	1:02.79	1:02.79
	3:32.99	3:32.99	3:14.59	3:14.59	3:00.39	3:00.39	2:57.49	2:57.49	100 BK	2:50.19	2:50.19	2:33.69	2:33.69	2:22.69	2:22.69	2:17.29	2:17.29
	1:47.29	1:47.29	1:30.99	1:37.99	1:30.79	1:30.79	1:29.39	1:29.39	50 BR	1:24.19	1:24.19	1:16.09	1:16.09	1:10.59	1:10.59	1:07.89	1:07.89
	5:05.89	5:05.89	4:39.39	4:39.39	4:18.99	4:18.99	4:14.99	4:14.99	100 BR	4:04.19	4:04.19	3:40.59	3:40.59	3:24.89	3:24.89	3:16.99	3:16.99
	2:52.49	2:52.49	2:37.49	2:37.49	2:25.99	2:25.99	2:23.69	2:23.69	50 FL	2:37.89	2:37.89	2:22.59	2:22.59	2:12.39	2:12.39	2:07.29	2:07.29
	7:07.49	7:07.49	6:30.39	6:30.39	6:01.89	6:01.89	5:56.19	5:56.19	150 IM	7:02.79	7:02.79	6:21.89	6:21.89	5:54.59	5:54.59	5:40.99	5:40.99
Parallel Time Standards for Swimmers With A Disability - ZONE																	
Para 2	Girls									Boys							
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	10 & U P2		11-12 P2		13-14 P2		15 & O P2		P2	10 & U P2		11-12 P2		13-14 P2		15 & O P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	53.29	56.09	48.79	51.29	45.19	47.49	44.49	46.79	50 FR	50.69	53.39	45.79	48.19	42.59	44.75	40.89	43.09
	1:58.69	204.89	1:48.39	1:54.09	1:40.49	1:45.69	1:38.89	1:44.09	100 FR	1:51.89	1:57.69	1:40.99	1:46.39	1:33.99	1:38.79	1:30.19	1:34.99
	4:04.29	4:17.09	3:43.09	3:54.79	3:26.59	3:37.69	3:23.59	3:34.29	200 FR	3:56.59	4:09.09	3:33.69	3:44.99	3:18.59	3:28.89	3:10.79	3:20.89
			9:17.49	7:35.09	8:25.49	6:52.59	8:17.49	6:46.09	400/ 500 FR			8:59.39	7:20.29	8:20.79	6:48.79	8:01.59	6:33.09
	1:04.79	1:08.19	59.19	1:02.29	54.89	57.69	53.99	56.79	50 BK	57.39	1:00.39	51.79	54.49	48.19	50.69	46.29	48.69
	2:29.89	2:37.69	2:16.89	2:24.09	2:06.89	2:13.49	2:04.89	2:11.39	100 BK	2:32.89	2:40.89	2:09.69	2:16.49	2:00.59	2:06.79	1:55.79	2:01.89
			4:42.39	4:57.19	4:21.79	4:35.49	4:17.69	4:31.19	200 Bk			4:03.49	4:16.29	3:46.09	3:57.99	3:37.39	3:48.79
	1:07.69	1:11.19	1:01.79	1:04.99	57.29	1:00.29	56.39	59.29	50 BR	1:04.99	1:08.39	59.19	1:01.79	54.59	57.39	52.39	55.19
	2:29.99	2:37.89	2:16.99	2:24.19	2:05.19	2:13.69	2:05.09	2:11.59	100 BR	2:24.09	2:31.69	2:10.19	2:16.99	2:00.99	2:07.19	1:56.19	2:02.39
			5:00.09	5:15.79	4:38.19	4:52.79	4:33.79	4:48.19	200 BR			4:40.89	4:55.69	4:20.99	4:34.59	4:10.79	4:23.99
	1:05.29	1:08.69	59.59	1:02.69	55.19	58.09	54.39	57.19	50 FL	52.49	55.29	47.39	49.89	44.09	46.39	42.39	44.59
	2:47.69	2:56.49	2:33.19	2:41.19	2:22.09	2:29.49	2:19.79	2:27.09	100 FL	2:44.69	2:53.29	2:28.69	2:36.59	2:18.29	2:25.39	2:12.79	2:19.79
	5:11.09	5:27.39	4:44.09	4:58.99	4:23.39	4:37.19	4:19.19	4:32.79	200 IM	4:53.49	5:09.89	4:25.09	4:38.99	4:06.29	4:19.09	3:56.69	4:09.19
Parallel Time Standards for Swimmers With A Disability - ZONE																	
Para 3	Girls									Boys							
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	10 U P3		11-12 P3		13-14 P3		15 & O P3		P3	10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	41.39	45.89	37.79	41.89	34.99	38.79	34.39	38.19	50 FR	37.39	41.49	33.79	37.49	31.39	34.79	30.09	33.49
	1:28.09	1:37.79	1:20.39	1:29.29	1:14.59	1:22.79	1:13.39	1:21.49	100 FR	1:21.19	1:30.19	1:13.39	1:21.49	1:08.29	1:15.79	1:05.49	1:12.79
	3:37.09	4:01.19	3:18.29	3:40.29	3:03.79	3:24.19	3:00.89	3:20.99	200 FR	3:05.69	3:26.29	2:47.69	3:06.39	2:35.79	2:53.09	2:29.79	2:46.39
	8:14.09	7:14.29	7:31.29	6:36.69	6:58.29	6:07.69	6:51.69	6:01.89	400/ 500 FR	8:01.09	7:02.89	7:14.39	6:21.89	6:43.49	5:54.69	6:27.89	5:40.99
			17:06.19	14:33.39	15:58.09	13:35.39	15:44.49	13:23.79	800/ 1000 FR			17:08.19	14:34.99	15:54.69	13:32.49	15:17.89	13:01.19
			30:59.39	29:02.59	29:03.69	27:13.89	28:40.09	26:52.09	1500/ 1650 FR			31:47.89	29:48.09	29:31.59	27:40.29	28:23.49	26:36.49
	52.19	57.89	46.89	52.09	42.99	47.69	42.19	46.79	50 BK	42.79	47.59	38.69	42.99	35.99	39.89	34.59	38.39
	1:45.49	1:57.19	1:36.38	1:47.09	1:29.39	1:39.29	1:27.99	1:37.69	100 BK	1:30.29	1:40.29	1:21.59	1:30.59	1:15.69	1:24.09	1:12.79	1:20.89
			3:57.09	4:23.39	3:36.89	4:00.89	3:32.79	3:56.39	200 BK			3:15.59	3:37.29	3:01.69	3:21.79	2:54.59	3:13.99
	52.69	58.49	47.49	52.69	43.39	48.19	42.59	47.29	50 BR	46.79	51.99	42.29	46.99	39.29	43.59	37.79	41.89
	1:52.29	2:04.69	1:42.59	1:53.89	1:35.09	1:45.59	1:33.49	1:43.89	100 BR	1:43.89	1:55.39	1:33.79	1:44.29	1:27.19	1:36.79	1:23.79	1:33.09
			3:49.99	4:15.49	3:30.39	3:53.69	3:26.39	3:49.29	200 BR			3:25.39	3:48.19	3:10.79	3:31.89	3:03.39	3:23.79
	47.39	52.59	42.59	47.29	38.99	43.29	38.29	42.49	50 FL	40.59	45.09	36.69	40.79	34.19	37.89	32.79	36.39
	1:35.39	1:45.89	1:27.09	1:36.69	1:20.69	1:29.59	1:19.39	1:28.19	100 FL	1:25.39	1:34.89	1:17.19	1:25.69	1:11.69	1:19.59	1:08.89	1:16.49
			3:45.69	4:10.69	3:26.39	3:49.29	3:22.49	344.99	200 FL			3:15.19	3:36.89	3:01.29	3:21.39	2:44.29	3:13.69
	3:43.19	4:07.89	3:23.79	3:46.39	3:08.99	3:29.89	3:05.99	3:26.59	200 IM	3:16.99	3:38.89	2:57.99	3:17.69	2:45.29	3:03.59	2:38.89	2:56.49
			8:12.89	9:07.59	7:30.79	8:20.79	7:22.29	8:11.39	400 IM			7:13.39	7:46.79	6:30.49	7:13.79	6:56.79	6:56.79